

# Why Where You Sleep Matters If You Want a Healthy Baby

Dr. Dietrich Klinghardt, MD, Ph.D. explains why the U.S. needs pre-conception healthcare. (Video – You can review video by going to the link for this article at the end)

## Dr. Mercola's Comments:

Dr. Dietrich Klinghardt is well known for his successful treatment of neurological illness, chronic pain, and autistic children with Integrative Medicine. Here he explains how electromagnetic fields (EMF) interfere not only with your biology, but with that of your unborn child as well, and how it contributes to the creation of autism.

Rates of autism have increased nearly 60-fold since the late 1970s, with the most significant increases occurring in the past decade. It now affects about one in 150 U.S. children, but some sources claim it may be even higher than that. For example, researchers in Great Britain believe that one in 58 children may have some form of the condition!

Preconception healthcare may be one of the most important, yet largely ignored aspects of medicine to halt this alarming trend.

## Why You Need to Beware of EMF Exposure During Pregnancy

According to Dr. Klinghardt, one of the most important preconception health considerations is your level of electromagnetic field exposure, particularly where you sleep and work on a daily basis.

Dr. Klinghardt performed a small study showing that autism can actually be predicted based on the EMF levels of your sleeping quarters while pregnant!

He found that if you sleep in strong electromagnetic fields during pregnancy, your child will likely begin to exhibit neurological abnormalities within the first two years of life, such as:

- Neurological dysfunction
- Hyperactivity
- Learning disorders

I've previously written about the many dangers of EMFs, and information-carrying radio waves from cell phones in particular, which have been found to:

- Damage your cell membranes
- Decrease your intracellular communication by disrupting microtubular connections that allow biophotons to communicate between cells
- Increase deposits of heavy metals into your cells, which increases intracellular production of free radicals and can radically decrease cellular production of energy – thus making you incredibly fatigued

Getting your bedroom and work space measured for EMFs and changing the position of your bed may be one of the best things you can do for the future health of your baby. I am absolutely convinced that the explosion in cell phone and Wi-Fi usage is one of the primary contributing factors to the rising autism rates as it further increases the dangers of vaccines and other heavy metal exposure. It also potentiates the production of toxic microbes and endotoxins.

One of Dr. Klinghardt's European colleagues did an experiment on microbial cultures, comparing the growth and endotoxin production between microbes shielded in faraday cages, compared to cultures

subjected to typical EMF exposure without protection. The proliferation and endotoxin production went up 600 percent when subjected to ambient EMFs.

For this reason, Dr. Klinghardt suggests:

- Turning off all the fuses at night
- Shield your bed with a special metalized fabric, to protect yourself from harmful frequencies that can disrupt cellular communication

If you are constructing a new home or renovating one and the walls are being rebuilt you can install radiant barrier which is a tough type of aluminum foil which will also very effectively screen out the EMF. This is what I did for my own bedroom.

We are discovering more about the detrimental health impact of EMF on a regular basis. In addition to searching my site for previous articles on this issue, two good sources for more information about how and why you should protect yourself and your family members from electromagnetic fields are [abcEMF.com](http://abcEMF.com) and [ElectroMagneticHealth.org](http://ElectroMagneticHealth.org).

Beware that cell phones and wireless Internet features are not the only sources you need to be cautious of. Essentially, most all electronics will generate EMFs, including the wiring in your home, electric alarm clocks, electric blankets, computers and lamps, just to mention a few.

At minimum, move your bed so that your head is at least 3-6 feet from all electrical outlets. If you are constructing the walls you can put the wires inside pipes which will virtually eliminate the fields that are generated in the room when the current runs through the wire. Also, turn off everything electrical in your sleeping area, including your WI-FI, cell and portable phones.

Additionally, whenever possible, try to avoid holding a non-corded phone to your head, and avoid using your cell phone when in a car with a child or pregnant woman. If you absolutely need to use your cell phone, crack your window so the radiation can dissipate quicker. [Editorial comment: This is NOT good advice as cracking a window will not lower the exposure since the metal cage surrounding the passenger compartment will contain and bounce around the radiofrequency microwaves will also substantially increase their power – some studies saying between 2 to 10 times. The best option is to safely park the vehicle and step outside, some distance from the vehicle and make your call. Then, if the call is more than 20 seconds, refrain from driving for at least 30 minutes.]

## **Final Thoughts**

I agree with Dr. Klinghardt when he says that no society can go successfully forward without preconception healthcare, and I think it will become the main issue for any modern society to thrive and to evolve.

Currently there are only two countries that have strict standards in regards to protecting their children from environmental hazards such as EMFs, and that's Iran and Russia.

We don't do anything as a society to protect the coming generation of children and it's heartbreaking, considering everything we know about the dangers of EMFs and information-carrying radio waves. Part of the problem is that most of the public health decisions are made by attorneys and politicians, not physicians and scientists.

<http://articles.mercola.com/sites/articles/archive/2009/04/30/Why-Where-You-Sleep-Matters-If-You-Want-a-Healthy-Baby.aspx>